

Live Like Your Life Depends On It.



“Eating healthy
helps me feel a lot
better about myself.”



Eat Smart:

Make healthy food choices. Eat more fruits, vegetables and whole grains; include fat-free or low-fat milk and milk products; choose lean meats, poultry, fish, beans and nuts; and eat foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Visit <http://www.health.gov/dietaryguidelines> or www.dhss.mo.gov/chronicdisease/campaign for more information on dietary guidelines.

Eating healthy works wonders in preventing chronic disease.

Live Like Your Life Depends On It.



AFFIRMATIVE ACTION EMPLOYER/ SERVICES PROVIDED ON A NONDISCRIMINATORY BASIS.